"Save the waste plus the war."

Intro Extract from Lowes letters — Read briefly.

Sure we have entered this war some things have become very plain to me.

1. If we don't win, we lose.
2. There is only one way out for true Americans — to succeed with our allies.
3. The sooner we win the less the cost in both life and materials.
4. In order to win it we must efficiently handle all we have,
5. It is, therefore necessary for each one to do his

list.

6. Whoever + whatever is not helping America is helping the enemy. Test of loyalty.

7. In order to survive we must have sufficient food - for ourselves + allies

8. In order to have enough food we must raise all we can, use only what we need, and reduce all waste to a minimum.

I A few words in regard to using only what we need!

1. Poorly chosen foods
Many combinations of foods
& Poor preparation of foods
cause waste

2. Some people eat twice as much as the should eat & yet are not getting the proper nourishment.

3. Housewives should go to cooking schools & take correspondence courses in order to be scientific as well as experienced.

II. How we can save the waste

1. Serve no one to a 2nd helping who has not cleaned his plate.

2. Make the clean plate fashionable — the lady who was blackballed in a club.

3. The waste to the average family amts to $50 a year.

+3. wasted in each home daily = 500 million lbs of food in 1 slice bread = the daily waste of 1 million loaves of bread

II While we are stopping
the waste in small
ways, lets stop the
waste in large ways.
1. Wheat is King. Crash
all bids represent
the main support of
the nation so far as
food is concerned
2. We are urged to eat
corn so that France
& England can have
enough wheat.
— Why not invert
our England's stopping
her own waste before
we sacrifice so heavily
Last Year in England
70,000 tons of sugar
33,000 " of maize & rice
570,000 " " barley

Despite the face of factual hunger England has granted the brewers permission to make 10,000,000 barrels of beer!

And of foodstuff needed

40,000,000 lbs of maize

90,... ... lbs sugar

720,... lbs of barley.

Why should America shut itself to make her ally drunk + weak?

3— What do our own Brewers + distillers say?

6 mths ago their talk to the voting farmers their talk recently before the Food Commission of the Lords,

Shut up.

corn:

But what do the breweries and distilleries really use in the manufacture of their product? Here are the figures for 1915:

Brewing industry:	Pounds
Malt	3,495,000,000
Rice	191,000,000
Corn	460,000,000
Grape Sugar	63,000,000
Hops	58,000,000
Glucose	45,000,000
Total	4,312,000,000
Besides:	
Glucose (gals)	4,700,000
Other materials in (Bushels)	4,000,000
(Pounds)	232,000,000
(Gallons)	73,000
Total Calories (or Food Value Units)	6,894,273,000,000

Distilled Liquors	Pounds
Malt	194,000,000
Wheat	1,000,000
Barley	473,000
Rye	301,000,000
Corn	1,162,000,000
Oats	421,000,000
Total	2,079,000,000
Besides:	
Molasses (gals.)	44,000,000
Total Calories (or Food Value Units)	3,373,448,000,000

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The First Christian church Sui
school will be addressed Sunday m
ing by Mr. and Mrs. William Wal
of West Bedford in the interest of
home department. It is planned t
ganize a home department in the
shocton church. Mrs. Walker i
county secretary of the home de
ment.

Road to Happiness

Be amiable, cheerful and good
tured and you are much more like
be happy. You will find this diffi
if not impossible, however, when
are constantly troubled with cons
tion. Take Chamberlain's Tablets
get rid of that and it will be
These tablets not only move
bowels, but improve the appetite
strengthen the digestion.

MILAN—Former Governor V
was principal speaker at gradua
exercises in high school.

ish in S

r are:
r. and
d Mrs.
Burnett

Watts, Mrs. Lewis Wilcox, and
Perry Dawson of Tindall. The
meeting will be with Mrs. Jesse
inson.

Why they don't use wheat
10 lbs flour makes 16 loaves this
the brewers & distillers of
U. S. use enough foodstuffs
in one year to make
16 billion loaves of bread.
40 loaves side by side - girdling
the globe at the equator.
Enough to save the lives
of all who are now starving
in the war-stricken zones!
Stop this waste!
Use the enormous stored-
up surplus of grains for
alcohol for ammunition.